

Call the Fitness center to Register for the yoga class at 413-886-5240

*Sponsored by City of Springfield Department of Elder Affairs  
Fitness Center*



### Yoga at the parks with Dr. Suzanne Marotta

Where: Blunt Park on Mondays June 10, 17, 24-July 1, 8, 15, 22, 29, at 11am.

Where: Forest Park, Tuesdays June 11, 18, 25-July 2, 9, 16, 23, 30 at 10:30am.

Forest Park season pass is \$7 for seniors!

- Free of charge classes
- Blunt Park entrance is free of charge!
- Just pay for entrance at **Forest park** , season pass is \$7 for seniors!
- Wear comfortable clothes, bring own yoga mat, towel and water!

Yoga is any of the methods or disciplines prescribed, especially a series of postures and breathing exercises practiced to achieve **control** of the body, mind and tranquility.

#### Yoga benefits the body to:

- Improve sleep, relieves chronic pain, reduce blood pressure, relieve muscle and joint pain, improves flexibility and relieves stress.

